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Vancouver metro

WORLD AIDS DAY
RiRi and Harry take the test metroLIFE

Your essential daily news | WEEKEND, DECEMBER 2-4, 2016 | High 9°C/Low 6°C Rain!

MERRY MARKETS

Rain can't keep Vancouverites from feeling festive metroNEWS

JENNIFER GAUTHIER/METRO

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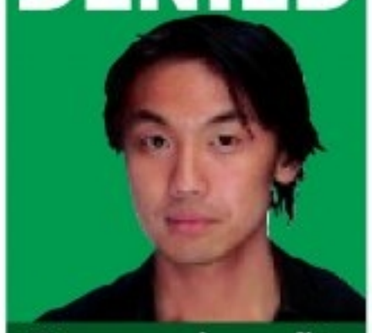

Vancouver journalist covering Standing Rock refused at U.S. border metroNEWS

Vancouver and Victoria to host 2019 World Junior Hockey Tournament metroSPORTS

VANCOUVERING
Feminists strategize before inquiry into missing and murdered indigenous women metroNEWS

PIPE*landia* Hey Kinder Morgan, B.C. wants its cut — but 'it's complicated' metroNEWS

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metro NEWS

Your essential daily news

Dolly Parton sets up funding to help victims of wildfires in Tennessee. **World**

PIPELANDIA

‘Last obstacle’ for Kinder Morgan

Call for ‘fair share’ of economic boon remains vague — but it’s an ‘effective bargaining strategy.’ Last in Metro series on B.C.’s five conditions.

DAVID P. BALL/METRO

If Tyrone McNeil were to choose a Facebook relationship status with Kinder Morgan’s Trans Mountain pipeline — approved by Ottawa on Tuesday — it might be “it’s complicated.”

That’s because he’s both vice-president of the Sto:lo Tribal Council and manager of his own First Nation’s economic development construction firm, Stqo:ya, that has contracts with Trans Mountain’s existing pipeline. He hopes to sign more if it’s expanded.

“We’re employed, making money off it, and putting money in Sto:lo citizens’ pockets while continuing to build their skillsets,” he explained. “We’ve got the skills, personnel, safety and administrative systems that we can compete with other contractors.

“It’s appropriate that Sto:lo citizens are actively engaged on an ongoing basis in maintaining the pipeline and tank farms. We’ve got a vested interest in the land and water, so it makes sense we make sure the pipeline’s safe and in good order.”

But his tribal council has not taken a position, while its members are divided over it. There’s a reason to be concerned — not only because he feels the provincial and federal governments have not adequately consulted the nation, but because they bear the risks.

“The likelihood of anything major is very small,” he said, “but any major breach will have lasting impacts on soil, water quality, fish habitat, and most importantly for us, salmon. Our relationship to the salmon is too important to let it go idly.”

That concern over risks and benefits echoes the provincial government’s. In 2012, Premier Christy Clark announced any pipeline would need to satisfy five conditions, the final one being that B.C. “receives a fair share of the fiscal and economic benefits of a proposed heavy oil project that reflects the level, degree and nature of the risk borne by the province, the environment and taxpayers.”

But how that will actually be satisfied remains somewhat unclear, with Clark saying just a day before the Kinder Morgan approval on Tuesday that she was “close” to seeing her conditions met.

“And on the last one, which is the benefit to British Columbia, we’re still working our way through that,” she told reporters on Monday.

Three days later, Clark revealed for the first time details of what a benefit-sharing agreement could look like — and saying she hopes Kinder Morgan itself will sit down with the province soon to negotiate a deal.

“If, in an agreement with Kinder Morgan, there is a direct economic benefit or a piece of the profits for B.C., we will devote all of that to areas of environmental protection,” Clark told reporters Thursday.

The Business Council of B.C.’s executive vice-president and chief policy officer, Jock Finlayson, said he believes the province will both directly and indirectly benefit if Trans Mountain’s expansion proceeds.

“To the extent this pipeline project will lead to a more vibrant energy marketplace in Western Canada, B.C.’s going to get some benefit from that,” he told Metro in a phone interview.

Finlayson said, “there’s real validity” to Clark’s fifth condition, particularly because of the risks borne by B.C. for an Albertan product.

But if Clark is hoping for a share of Alberta’s oil royalties, “we don’t have a history of upstream royalties associated with hydrocarbon development in Canada,” he warned.

According to University of B.C. political scientist Kathryn Harrison, with Alberta’s government nixing the notion of paying B.C. a share of its own resource royalties, that leaves only Ottawa and Kinder Morgan as potentially on the hook to satisfy Condition 5.

So for Harrison, the idea of Kinder Morgan paying into a B.C. fund to help the province “get to yes” is the most likely. How much they’re willing to pay, however, remains a big question given the low price of oil.

But she said that Condition 5, despite its ambiguity, was a strategic move — as the premier hopes to convey that she stood up for the province’s interests while strengthening her bargaining position economically.

Because it’s now the last obstacle between the proponent and the project … they’re in a better bargaining position,” she explained. “They can demand more.”

But holding the last card could also potentially hurt Clark come May, depending on how the public mood shifts.

“If B.C. says yes and British Columbians punish the government in the election this coming spring, they’ll have to own it,” Harrison said. “It will have been their decision.”

— WITH FILES FROM THE CANADIAN PRESS

A tanker pulls up at Westridge Terminal in Burnaby, where Kinder Morgan’s Trans Mountain pipeline ends and oil is shipped overseas on tankers. TRANS MOUNTAIN/CONTRIBUTED

ABOUT THIS SERIES

B.C.’s five conditions in July 2012 came after protests against another proposal: Enbridge Northern Gateway.

MONDAY 1. Complete environmental review process.
TUESDAY 2. Safeguard B.C. coast with “world-leading” marine oil spill measures.
WEDNESDAY 3. Reduce and manage risk of oil spill from pipeline over land.
THURSDAY 4. Address legal obligations to aboriginal and treaty rights, and indigenous benefits.
FRIDAY 5. B.C. gets “fair share” of economic benefits, reflecting “risk borne” by taxpayers and environment.

READER FEEDBACK
Tell us what you think about the proposed by emailing Vancouver@metronews.ca

READERS RESPOND TO PIPELANDIA SERIES

Responses have been edited for length.

Glenn Rickard
I happen to agree that we need to get our oil to international markets but bringing hundreds of oil tankers into Vancouver’s harbour is a disaster waiting to happen.

If Kinder Morgan moved its terminal to Tsawwassen or somewhere similar I would support them. The federal Liberals missed an opportunity here and I predict they won’t win a single seat in B.C. next election.

Yvonne Adalian
Money is not the question. You cannot breathe eat or survive for long on the artificial concept that money can sustain life. Once poisoned, we all will suffer. The mere sight of over thirty tankers in English Bay (never mind the resultant noise and pollution) is enough to deter any tourist from enjoying this coast.

Guy Allen, P.Eng.
As a retired petroleum geologist, I have followed the controversies surrounding the various pipeline additions and new constructions.

The surface disturbances over sensitive land and water areas and intrusions into native lands are a concern, The major danger, however, lies in the nature of the material to be piped and the damage which will result from spills.

David Nash
I am not automatically opposed to pipelines, but the possibility that the floor of Burrard Inlet could be coated with spilled bitumen which defies being cleaned up, will have me out protesting.

Tom McDougall
What puzzles me is there is no discussion on proposals like David Black’s. Sell finished product to eliminate any environmental concerns regarding pipelines moving the bitumen. So till we develop new energy that is sustainable, it’s a necessary business.

Hans Wantke
The pipeline should be built, but if its coming from northern Alberta why not go along the Highway 16 corridor to Prince Rupert, where there’s already going to be an LNG plant built?

TRANSIT

Gonna party like it's the Evergreen Line

Matt Kieltyka
Metro | Vancouver

TransLink expects the Tri-Cities to be rocking as the Evergreen Line opens to community celebrations this weekend.

Festivities kick off at 10:30 a.m. at Coquitlam Central Station before the first public trains start running at noon.

The transportation authority promises a virtual scavenger hunt, live entertainment, children's activities, games and food throughout the day during the celebration, which runs to 7:30 p.m. All other Evergreen Line stations will also have community celebrations from 4 p.m. to 7:30 p.m.

TransLink spokesperson Chris Bryan says they expect large crowds.

"The people in the Tri-Cities are pretty excited about this new line," said Bryan. "I think we're going to see a good crowd out on Friday, and throughout the whole weekend. We're ready, it's something we've been planning for a long time."

Previous transportation infrastructure openings, like the Canada Line, are traditionally very well attended.

The city of Port Moody is also having its own Evergreen Line event on Saturday from 11 a.m. to 1 p.m. at Moody Centre Station with live entertainment and hot chocolate. Mayor Mike Clay said the event will also give people a chance to talk to city planners about the growth the line is expected to bring to the city.

"We're going to have some fun, it's a momentous event in our community," he told Metro.

The 11-kilometre, $1.43 billion Evergreen Line is an extension of the Millennium Line SkyTrain, with six new stations in Coquitlam, Port Moody and Port Coquitlam. When it opens Friday, the entire SkyTrain network will become the world's longest automated rapid transit network.

Ed Ou, right, uses a camera to shield himself during clashes in Cairo during the Egyptian Revolution in 2011. COURTESY GUY MARTIN

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Reporter denied at U.S. border

SURVEILLANCE

Ed Ou was detained for over 6 hours at YVR Airport

Wanyee Li
Metro | Vancouver

A veteran Canadian journalist was on his way to the North Dakota's Standing Rock protest in October when he was detained for six hours and refused entry into the U.S.

Vancouver resident Ed Ou says he cooperated fully during the interrogation but when the U.S. border guards asked him to open his cell phones up for inspection, he refused. Then, he was denied entry into the U.S., barring him from completing his assignment as a freelance reporter for CBC.

The international-award winning photojournalist has spent the past 10 years working in conflict zones and says he was shocked this happened at YVR Airport, in the city he grew up in. "So to have to keep my guard up, even back home in the West, is truly quite disturbing for me," said Ou, who recently moved back to Vancouver from the Middle East.

The American Civil Liberties Union (ACLU) sent a letter to U.S. Homeland Security and U.S. Customs and Border Protection (CBP) requesting an explanation as to why Ou, who has travelled to the U.S. multiple times, was subject to interrogation and denied entry into the country. The union has not received a response from Homeland Security or CBP.

The lawyer handling the case believes CBP used the interrogation as a "fishing expedition" for sensitive information, putting Ou's confidential sources at risk.

"We think that this case can serve as a cautionary tale for many journalists and we're hoping we can raise awareness of what CBP claims it can do at the border," said Hugh Handeyside, an attorney with ACLU. U.S. Customs and Border Protection said it would not comment on individual cases but provided this statement: "Keeping America safe and enforcing our nation's laws in an increasingly digital world depends on our ability to lawfully examine all materials entering the U.S."

> **To have to keep my guard up, even back home is quite disturbing.**
> Photo journalist Ed Ou

The question of whether authorities have the right to search password-protected cellphones at the border is being contested in both Canadian and American courts. Border guards are legally able to search people's possessions without a warrant at border crossings but that should not extend to people's phones if they are password protected, argues B.C. Civil Liberties Association executive director, Josh Paterson.

"(Smartphones) are portals to private personal information. Ordinarily, authorities would need a warrant to access that information." He advises people to keep any device with sensitive information at home if they plan to cross the border. Ou plans to try entering the U.S. again to cover the Standing Rock protests.

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VANCOUVERING

In praise of paternal preparedness

THE BIG SQUEEZE

Four out of five wise parents agree: It's all in the planning

Parenting is all bout being prepared. Exhibit A: Cream-cheese bagel a la dad — the breakfast, lunch, dinner and snack of champions. GRAEME MCRANOR/FOR METRO

Graeme McRanor
For Metro

OK, look, things are complicated but here's what you need to know: I pitched Metro on a parenting column. You know, a funny, slice-of-life deal. Because while I've had eight years experience as a dad, I'm not exactly expert on the subject.

Some background: I'm a 46-year-old writer working in print and television news. So super secure when compared with, say, a blacksmith.

My girlfriend Suzy, who's in her late-30s, works in marketing and broadcasting; we lived together for five years. My son, London, spent half the week with us, and the other half with his mom, Tina.

Things were good. Until a year ago when Suzy and I went separate ways. Except we didn't, because she'd become a big part of my son's life. They get along great. Suzy and Tina, too.

Currently, London and I live in a 700-square-foot one-bedroom laneway house in Vancouver.

He's there half the week.

I love being a dad. It's the most challenging — and rewarding — thing I've ever done. It's like a video game: just when you think you've got the hang of it, life levels-up and presents a fresh set of obstacles.

Ultimately, you're trying to keep the lead character alive; you have to be prepared for anything.

You establish a system. To the untrained eye, mine surely resembles chaos, but I assure you there's method in the madness.

Need lunch? I've got three tubs of cream cheese in the fridge.

Help with homework? Finish that cream-cheese bagel and we'll get to it.

School starts at 9? There with two minutes to spare. Why? Because I rented a house a block away from the school.

See? It's all in the planning, gained wisdom I've happily shared with Suzy, who earlier this year asked me to come over to her apartment for a chat.

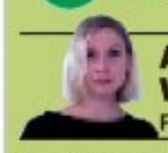
Things sounded serious. And, once in the apartment, I understood why: a home-pregnancy test sat open on the kitchen counter.

Positive.

I wasn't expecting that.

FOOD NOTES

LUNCH MECCA FOR OUR FINANCIERS



Abby Wiseman
For Metro | Vancouver

East Vancouver has been dominating the lunch-spot game, with trendy and tasty serveries popping up weekly in Gastown, Chinatown and Strathcona.

Asian Heritage Eatery is bucking the trend and laying down roots in Vancouver's financial district.

Located at 1108 W. Pender St., the spot is a collaboration between rising chef Felix Zhou and restaurateurs Natasha Romero and Paul Zhang. The menu is simple with Asian-inspired options for the morning traders: bao sandwiches and hearty rice bowls.

I tried the duck bao, the pork-belly bowl and the chicken rice bowl.

My personal favourite was the chicken bowl with wood ear mushrooms, yuzu cabbage slaw, a ginger scallion sauce, and slow-cooked, marinated egg. It doesn't get better than perfectly fried chicken with a thin layer of crispy skin that's salted just right. Combined with the earthy flavours and rubbery texture of the mushrooms and contrasted with the crisp and refreshing slaw, the bowl is a study in contrasts. The sauce added some spice, and I detected a hint of citrus that brightened the whole dish.

The chicken bowl from Asian Heritage Eatery. ABBY WISEMAN/FOR METRO

The highlight of the pork-belly bowl was the kimchi daikon, which added some spice to a dish that features more aromatic flavours. The pork belly was beautifully marbled but could have used a little more time in the slow cooker.

The duck bao shared many of the pork-belly bowl's aromatic flavours, so I wouldn't recommend eating the two dishes together. The bread was perfectly light and fluffy, the duck perfectly cooked. The crispy onions dominated; I'd have liked to taste more of the pickled cucumber, for added tang.

Asian Heritage Eatery's ingredients are locally sourced and served in reasonably sized portions.

The 40-seat communal space is a welcome addition to the financial district.

with icons by **Danielle Vallée** from the noun project

A selection of creations by local flint knapper David Gowman.
CONTRIBUTED

Knappers get kneolithic

VANCOUVER TRENDING

Amy Logan
For Metro | Vancouver

In a dimly lit room, a man carefully hones a piece of stone with a bit of antler, revealing its delicate contours and sharp-edged strength.

The scene could be thousands of years old, but it's happening in a Strathcona field- house. The craft of flint knapping is alive and well in Vancouver.

Flint knapping, or the ancient art of shaping stone by striking it with another object, has been used since Neolithic times. A key wilderness survival skill, it's a technique for creating sharp-edged stone tools. Contemporary knappers include archaeology buffs, primitive skills practitioner and craftspeople.

David Gowman, a local knapper, artist and musician, has been flint knapping for several years. He recently hosted a flint knapping workshop, Urban Paleo for the City Dweller, displaying and selling his work at the Culture Crawl. His interest was first sparked when his brother "found an arrowhead when we were kids wandering through a construction site. I've been jealous ever since," he said.

"I use rocks people send me from Oregon and Mexico, mostly obsidian." said Gownan. Obsidian, a volcanic rock forged from cooled lava, is extremely hard and brittle, and is considered one of sharpest materials on earth.

But Gowman is a very modern urban forager, and besides obsidian, he also uses the bottom of glass bottles and even TV glass. "TVs I find in alleys. Sometimes I buy nice rocks at Mountain Gems in Burnaby," he noted.

Vancouverites' interest in ancient skills is growing. The city's combination of proximity to wilderness and access to knowledgeable practitioners is inspiring people from all walks of life to get back to basics.

There are a number of flint knappers in Vancouver, including Harley Slade, a young enthusiast who started in high school. JJ Stonecraft, which sells handmade knives on Granville Island, crafts blades from Cascade Range-sourced obsidian.

And the online community is ever-growing. Sites like Paleo Planet and Puget Sound Knappers offer neophytes and experts alike a forum for discussion and idea sharing.

For true enthusiasts, who yearn to go deeper, wilderness skills workshops can put their techniques to the test. The Wilderness Living Project, for instance, offers survival skills classes as well as a weeklong immersive course that teaches participants how to start a fire, build a shelter, find and use medicinal plants, and make their own tools.

As Gowman put it, "Perhaps the scene is growing. Perhaps there has always been a primitive skills scene on the fringes of normal society."

talk about **fresh solutions**

Charcuterie Board

Prep Time: 10 minutes | Serves 8

Ingredients

1 warmed smoked sausage, sliced

2-3 hard salami (Capicollo, Prosciutto or Genoa), sliced

1 pâté or rillettes

Variety of olives and pickles

Old fashioned grain Dijon mustard

Stale bread or baguette, and crackers for serving

Directions

1. Heat up and crisp a big sausage.
2. Drizzle olive oil over the pâté and add a few grinds of black pepper.
3. Toast stale bread or baguette with olive oil.
4. Assemble all ingredients onto the board and serve.

Tip: Serve this charcuterie board with a cheese plate for the perfect entertaining solution.

save on foods

VANCOUVERING

with icons by **Danielle Vallée** from the noun project

Feminists strategize on MMIW inquiry

INDIGENOUS STORIES

Advocates to hold last public meeting this weekend

Cara McKenna
For Metro

Women's rights advocates are strategizing to ensure they will be heard during Canada's upcoming inquiry into missing and murdered Indigenous women — whether they're invited to the table or not.

Indigenous feminists and allies in Vancouver have already held two public meetings to identify a group agenda so that, when the inquiry begins early next year, they will be organized to make their concerns clear to officials.

Their third and final gathering will be held during the annual Montreal Massacre Memorial event at Native Education College this Saturday.

The all-day event is organized by Vancouver Rape Relief and Women's Shelter and consists of various relevant talks to educate on violence against women after the deadly attack at the École Poly-technique in 1989.

Hilla Kerner, a spokesperson for Vancouver Rape Relief, said this year, organizers wanted to offer a platform for feminist analysis on the federal MMIW inquiry before it begins in early 2017.

"We already had a gathering in March, and another in June before the commissioners were announced," she said.

"Now we know who the players are and there are some concrete terms of reference."

Kerner said starting the conversation is crucial regardless of what the final inquiry might look like.

"We have no idea if feminists will even have a seat at the table ... but feminists are the ones who come with services and policies that are saving the lives of women," she said.

"We want to hear what Indigenous women and Indigenous leaders believe is important in the inquiry, and what the inquiry cannot ignore."

Advocate and frontline worker Fay Blaney has been fighting for the MMIW inquiry for many years and took part in the pre-inquiry consultations. She will be a leader in Saturday's discussion because she said she has lingering concerns about the government's "families first" agenda.

"It's just really trying to get women thinking rather than having the agenda set for us to identify our own agenda going forward," she said.

"I just find that in this country that the feminist movement has been put on the backburner so much ... it's almost like feminism is a dirty word these days."

The Montreal Massacre Memorial is scheduled to begin at 10 a.m. and will run all day. A full schedule of events can be found at rapereliefshelter.bc.ca.

Fay Blaney, chairwoman of Vancouver's annual memorial march for missing and murdered aboriginal women, stands for a photograph in the Downtown Eastside in January. DARRYL DYCK/THE CANADIAN PRESS FILE

Are you ready for snow and ice?

- Prepare your shovels and de-icer in advance of winter weather.
- When it snows, move your car to a side street or garage so City crews can plow main streets more effectively.
- Avoid unnecessary driving in snow and ice. Check transit schedules at **translink.ca** for commuting alternatives.
- Prepare your irrigation system for cold weather. Frozen lines can break, causing water run-offs that can freeze on sidewalks and pose a hazard for pedestrians.

Remember, all property owners and occupants must clear snow and ice from sidewalks around their property by 10 am, seven days a week.*

*See Sections 76 & 76A of the Street and Traffic Bylaw for details

Be a Snow Angel: Lend a shovel when it snows

When snow and ice hit, we need a team effort. Please help neighbours, friends or relatives who may not be able to shovel their own sidewalks.

Thanks for keeping our streets and sidewalks safer for everyone!

CITY OF VANCOUVER

FOR MORE INFORMATION:
vancouver.ca/snow or phone 3-1-1

Lula Melenchuk, 5, of Vancouver rides the carousel at the Vancouver Christmas Market on Dec. 1. JENNIFER GAUTHIER/METRO

It's Christmas market time

FESTIVE SEASON

Now in its 6th year there's a new location and new rival

Jen St. Denis
Metro | Vancouver

It's a battle fought with tiny lights, evergreen boughs and renditions of Rudolph the Red Nosed Reindeer: who can offer Vancouverites the most magical holiday experience this Christmas?

In a new location this year, the Vancouver Christmas Market offers a traditional European Christmas market, with mulled wine, German food and gift shops, live musical performances and a carousel. The event, which ran from 2010 to 2015 beside the Queen Elizabeth Theatre, moved this year to Jack Poole Plaza beside the Vancouver Convention Centre.

"If you really want to have a traditional European-style Christmas experience, there is only one place to go and that is the Vancouver Christmas Market," said Malte Kluetz, president of the Vancouver Christmas Market.

The biggest change is a large tent with tables and chairs — an important addition for Vancouver's not very Christmas-y winter weather. The market is also running longer this year: instead of shutting down on Dec. 24, the event will continue to New Year's Eve.

The new kid on the block is Enchant, offering a 55,000 square foot light maze and Christmas market located between the south end of Cambie Bridge and Olympic Village. The light maze features light "sculptures" and a visit with Santa at the end of the maze. The event also offers food trucks, a licenced area and a tent that can be booked for corporate Christmas parties.

The founder of Shine, a local company that designs Christmas light displays, spent three years designing the maze, getting investor financing and working with the city and fire department to approve the concept, said Mike Schwartz, vice-president of marketing for Enchant. The plan is to return to Vancouver next year and to expand to other cities.

"It was one of those ideas, you can see corn mazes for Halloween and Christmas light walks, but no one had done the maze concept," Shwartz said. "When it's rainy and cold people are always looking for things to go out and do with their family."

For more information, visit enchantchristmas.com and vancouverchristmasmarket.com.

THERE'S MORE

Looking for more holiday activities? The Festival of Light at Van Dusen Botanical Garden runs from Dec. 1 to Jan. 2 (vandusengarden.org), while Stanley Park's Bright Nights Christmas Train, this year with a carousel, runs Nov. 28 to Jan. 1 (brightnights.ca).

ENVIRONMENT

Minister talks tanker ban, bitumen clean-up

David P. Ball
Metro | Vancouver

Canada's transport minister Marc Garneau has traveled to outer space. But in an interview with Metro, he admitted that cleaning up a bitumen spill here on Earth could be rocket science.

The former astronaut revealed details of a key Liberal election plank on Thursday: formalizing an oil tanker moratorium on B.C.'s north coast. He vowed to introduce legislation "by spring."

"There will be a tanker crude oil shipping ban imposed on entering or leaving any port along the coast of B.C. between the Alaska-B.C. border and a point aligned with the northern tip of Vancouver Island; it also includes Haida Gwaii," he said. "Crude oil tankers will not be able to come into port or leave port along that stretch of the B.C. coast."

The ban will also include "difficult to clean" persistent oils such as Bunker C fuel. But "more refined products" such as gasoline, propane or LNG will not be part of the moratorium, he confirmed.

"The Great Bear Rainforest and the Great Bear Sea are just too important — this is the last intact temperate rainforest in the world," he said. "We consider this too large a risk."

But some environmental and First Nations critics have asked why the risk is not too great to protect the Salish Sea off southern B.C., set to see tanker traffic rise sevenfold with Kinder Morgan's plan.

Marc Garneau THE CANADIAN PRESS

Garneau said his government's $1.5-billion Oceans Protection Plan announced Nov. 7 addresses those risks.

Another deadly whale entanglement

OCEAN LIFE

Grieg Seafood nets drown humpback

A necropsy has been completed on the latest humpback whale to drown while trapped underwater by fish-farm equipment off the British Columbia coast.

Fisheries experts say it could take much longer to determine why these creatures are becoming entangled. Fisheries and Oceans Canada marine mammal co-ordinator Paul Cottrell said preliminary results of the necropsy should be available in a few weeks, but a final report could take months.

An investigation was launched Nov. 26, a day after the juvenile humpback was entangled and drowned between the inner and outer containment nets of the Grieg Seafood facility in Nootka Sound, on the west coast of Vancouver Island, Cottrell said.

"This is a record year for entanglements, (in) 2016, we are up to 22 already," he said, referring to figure for the West Coast. Six of the whales were saved, he added. An average year would see 10 to 15 whale entanglements, according to a Fisheries Department release.

Cottrell said the increase could be due to a combination of the remarkable resurgence of humpbacks in B.C. waters or better reporting from the public about whales in trouble. Just two weeks before the fatal entanglement in late November, a juvenile whale died in gear left at an unused Marine Harvest fish farm near Bella Bella on B.C.'s central coast.

A third humpback was badly cut but survived in September, when Cottrell joined First Nations and workers at the same Bella Bella-area fish farm to free the animal. THE CANADIAN PRESS

This year, 22 whales have been ensnared. THE ASSOCIATED PRESS FILE

WEATHER

An already rainy one, now... After two months of almost non-stop rain, Lower Mainland residents may get a break from the wet stuff this weekend for something fluffier — snow!

Vancouverites could see flurries as early as Sunday night with temperatures dropping to as low as -1 C according to Environment Canada.

"For the transition into the first full week of December next week, it will be a bit of a colder pattern," meteorologist Ross MacDonald said.

"As we see temperatures dip down to the freezing point, it may be a mixed rain or snow, especially at the higher elevation."

Temperatures dip even more next week with lows around -5 C. WANYEE LI/METRO

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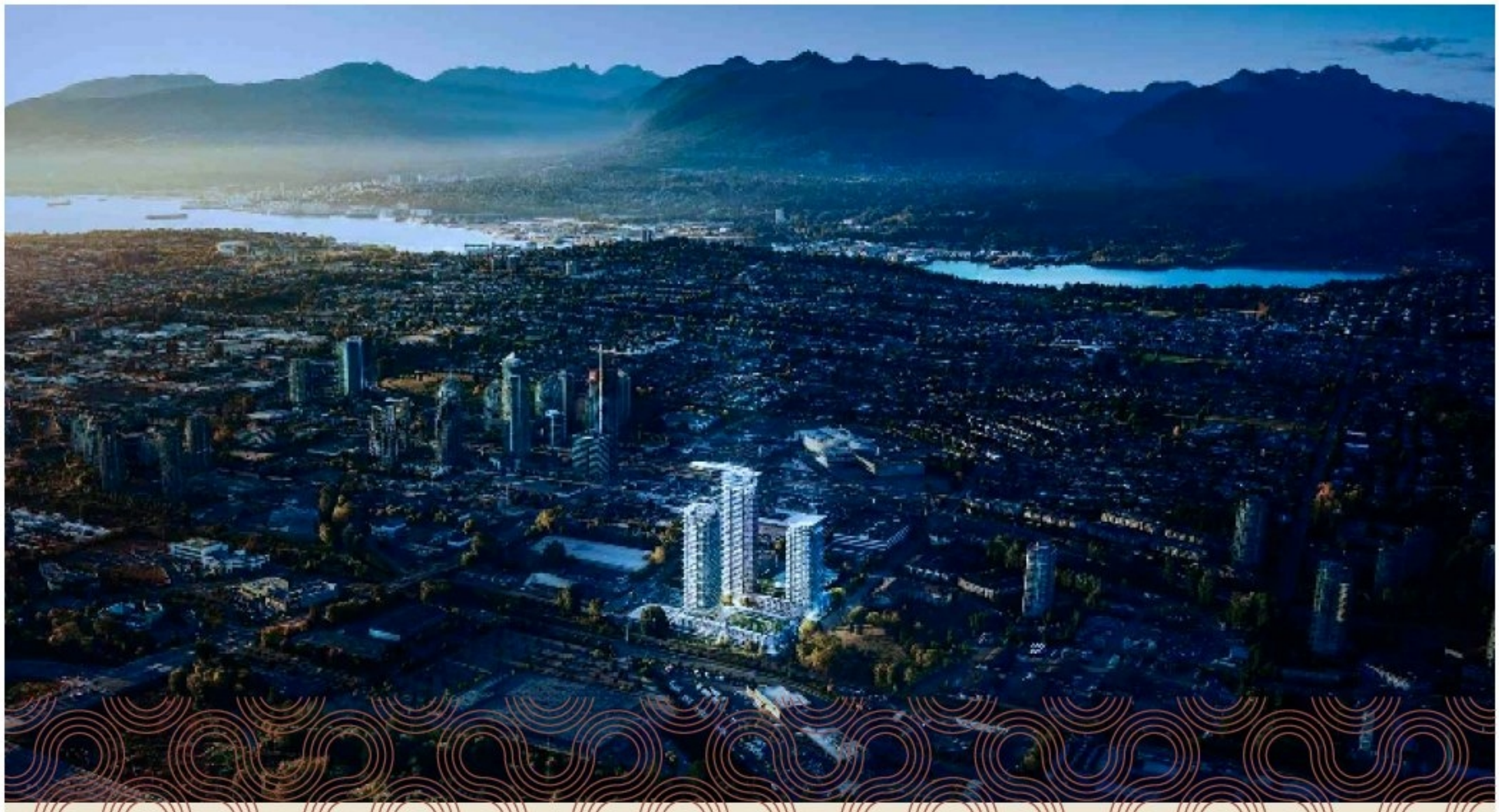

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COURTS

Family sues after breeder repossesses Labradoodle

Since Devon Wagner's dog was taken away, he says he feels like there's a "hole" inside of him.

The 18-year-old suffered a life-changing concussion playing hockey six years ago. It caused blinding headaches and sensitivity to light and sound, forcing him to drop out of sports and delay school.

His mother, Carolyn Hopkinson, got him a Labradoodle as a therapy dog in 2013 under an arrangement with a breeder known as a "guardian home." But this February, the breeder abruptly took the dog back, citing breach of contract.

"She completely changed my life," Wagner said of his dog, Savana. "When I'm really down, she's no longer there for me because she was taken away. I really just want her back."

Devon Wagner says his dog Savana changed his life.
THE CANADIAN PRESS

The gentle black dog is now at the centre of a legal dispute between Wagner's mother and the breeder. The family's case, observers say, reveals the pitfalls of becoming a guardian home.

Hopkinson had never heard of guardian homes before she saw an ad for $600 Labradoodles three years ago. The single mom was thrilled to see the crossbreed advertised for a fraction of its typical price.

As she learned, the practice involves paying a breeder a deposit. The dog moves into one's home but is returned periodically to breed. After the dog provides a certain number of litters, the breeder refunds half the deposit and it becomes one's family pet.

Hopkinson said she told Karen Firus of Dreamland Doodles she had concerns about the contract.

"She told me she would never take a dog out of a happy home," Hopkinson said.

Instead, Hopkinson alleges in a small-claims lawsuit that Firus seized Savana without notice. Hopkinson alleges Firus was motivated by the prospect of a "breeding windfall," as the dog had sought-after light-coloured puppies. Firus alleges in a counter-suit that Hopkinson breached the contract by not advising when Savana was in heat, not following several medical policies and not keeping her well groomed. THE CANADIAN PRESS

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Slow Braised Pot Roast Puttanesca

Ingredients

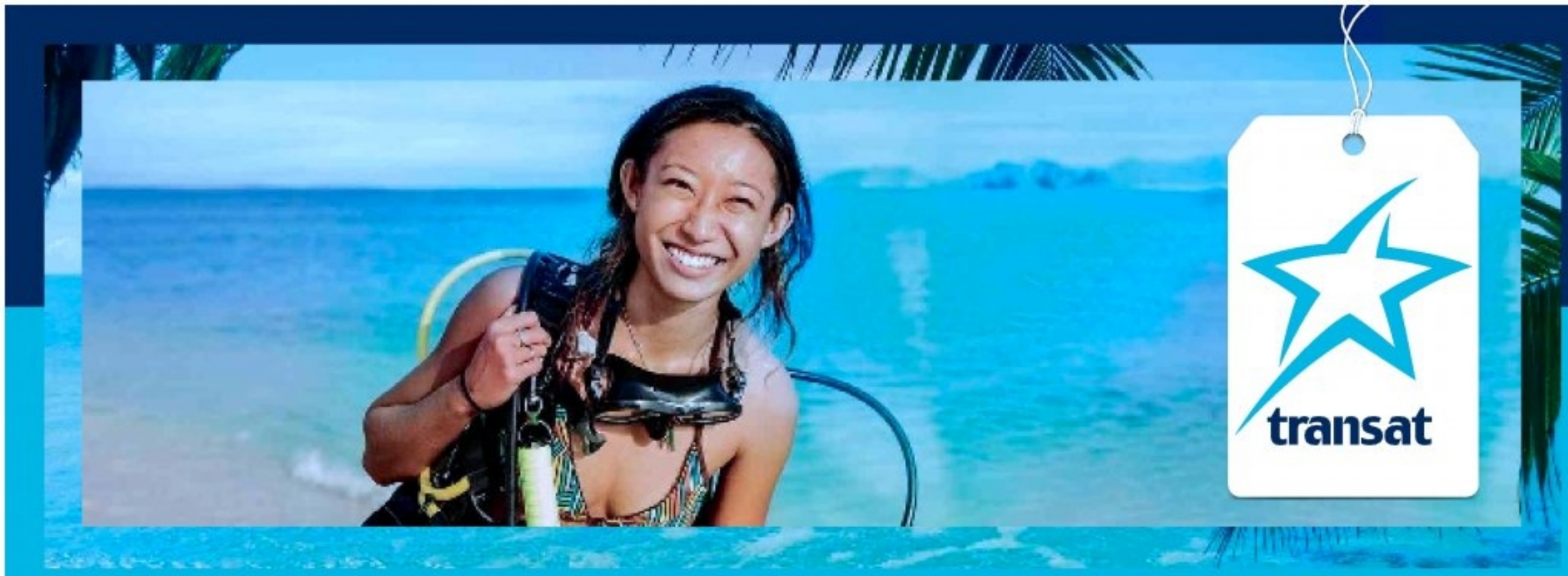
- 3 to 4 lb (1 1/2 to 2kg) beef chuck roast, trimmed of excess fat
- Salt and freshly-ground pepper
- 3 (45ml) Tbsp olive oil
- 1 cup (250ml) dry red wine
- 1 cup (250) beef stock
- 530ml (550g) Authentica World Cuisine Puttanesca Sauce
- 2 onions, quartered
- 8 carrots, diced into 1-inch (2.5cm) cubes
- 2 celery sticks, 1/2-inch thick sliced
- 2 cups (500ml) button mushrooms
- 2 bay leaves

Instructions

Season the roast with salt and pepper. Heat the olive oil in a Dutch oven over medium-high heat. Add the roast and sear on all sides until brown. Scatter the vegetables and add the bay leaves. Saute until the onions start to become translucent. Add the red wine, beef stock and the Puttanesca Sauce. Bring to a boil, then reduce heat to low. Simmer for 3 hours, basting every hour with the sauce, until the beef is fork tender.

Remove the roast, slice and arrange on a warm serving platter. Garnish with the vegetables. Serve with the sauce.

Serves 6 to 8



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CBSA nets man in fentanyl bust

ILLEGAL DRUGS

Deadly opioid seizure valued at $1.2M

Bags of methamphetamine, spits of crack cocaine and $8,425 in cash was also seized. CHAD HIPOLITO/THE CANADIAN PRESS

The Canada Border Services Agency has seized a package containing enough fentanyl that Victoria police say could cause a potential 725,000 overdoses.

The package intercepted at Vancouver's airport was destined for a Victoria address and contained 1.45 kilograms of the deadly opioid, acting police chief Del Manak told a news conference where a variety of drugs packaged in plastic bags were displayed on a table.

Public Safety Minister Mike Morris said the shipment originated in China and he's hopeful a recent agreement between the RCMP and the Chinese government will deal with "the impact that fentanyl is having not only in British Columbia but across Canada."

"People need to be aware of the significant danger that these things present," he said of the seizure that police have valued at about $1.2 million.

"We hear a lot of discussion in different circles about the recreational use of drugs, which is a term that, quite frankly, offends me."

Staff Sgt. Conor King said the fentanyl was mixed with heroin and that nine people recently died within 11 days on Vancouver Island from the opioid that has killed hundreds of people across the country.

He said all of the drugs have not yet been analyzed to determine if any contain carfentanil, which is 100 times more powerful than fentanyl.

Multiple charges are being recommended against a 27-year-old Montreal man, and King said the man had been out on bail on previous drug charges.

THE CANADIAN PRESS

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Pepper spray is OK: Leitch

LEADERSHIP RACE

Tory candidate would legalize spray irritants for self-defence

Andrew Fifield
Metro | Toronto

Conservative leadership candidate Kellie Leitch is calling for Canadians to have the right to bear-spray arms.

Leitch, who has staked her candidacy on a platform of "Canadian values," announced her intentions in a Facebook post Wednesday morning.

"As prime minister, I will amend the Criminal Code to make it legal for Canadians to possess mace and pepper spray for self-defence purposes," the Ontario MP wrote, adding that the measure is needed for women to fend off potential physical and sexual violence.

"Women should not be forced by the law to be victims of violence when there exist non-lethal means by which they can protect themselves."

An additional statement from Leitch's office clarified that self-defence is the only use of spray irritants she would make legal and that other purposes would be "prosecuted to the fullest extent possible."

Leitch's social media presence has ramped up in recent weeks after she reacted to Donald Trump's victory by saying the president-elect had an "exciting message" for Canadians.

Her platform shares a focus on immigration that helped propel Trump to victory in the U.S.

Among the policies she has called for are a face-to-face "values test" that would screen potential immigrants for their opinions on a range of human rights issues. Leitch has criticized the government's Syrian refugee settlement program, which she calls a "disaster."

MORE ON THE METRO APP

WORLD AIDS DAY RESEARCH TO GET FUNDING BOOST Prime Minister Justin Trudeau raises the World AIDS Day flag, as Minister of Health Jane Philpott looks on in Ottawa on Thursday. The federal government has pledged more support for the fight against AIDS, and Trudeau says he's confident the battle can be won. In marking World AIDS Day, Philpott also announced the government will spend another $3.5 million on AIDS research. That's on top of the $50 million per year Canada currently invests in HIV and AIDS research. JUSTIN TANG/THE CANADIAN PRESS

GOVERNMENT

Liberals backtrack on voting reforms

Liberal members of a special all-party committee on electoral reform are urging Prime Minister Justin Trudeau to break his 2015 promise to change Canada's voting system before the next federal election.

That call for inaction came Thursday as opposition members of the committee joined forces to put pressure on Trudeau to keep the campaign commitment. In its long-awaited final report, the opposition-dominated committee recommended that the government design a new proportional voting system and hold a national referendum to gauge support.

It could all be done in time for the next election in October 2019, opposition MPs maintained. But NDP democratic reform critic Nathan Cullen acknowledged the "strange scenario" that seems to be developing, with the opposition "finding enough room for consensus to help the Liberals keep a Liberal promise and the Liberals not so interested in it anymore." THE CANADIAN PRESS

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Supporters hold Women for Trump signs at a campaign rally for Donald Trump on Nov. 7. AFP/GETTY IMAGES

Women in Trump's U.S.

How do you explain gender inequalities to people who refuse to believe they exist or don't think they matter?

ROSEMARY WESTWOOD From the U.S.

When Hillary Clinton beat the drum of the woman card along the 2016 campaign trail — "Deal me in!" — it was the grandma joke that landed a little flat.

Fighting for women's equality and rights was a desperate need for many of her supporters, but as a punchline, the deck-of-cards analogy hardly blew your socks off. And for the majority of white American women who voted in Trump, it clearly didn't make the difference.

Kellyanne Conway, Trump's campaign-manager-turned-adviser, appears to now interpret Clinton's loss as proof that Trump isn't actually sexist or misogynist.

"All this anti-woman stuff," she said this week, after being asked at a Washington, D.C., event how she "rationalized" Trump's pussy-grabbing tape with the fact he's denied allegations of sexual assault. "And you know how America's women answered? They gave the would-be first female candidate, I don't know, what was it, 56 per cent of the vote, 57?" (Pew Research Centre has it at 54 per cent.)

"She should have gotten 60 or 62 per cent of the female vote," Conway continued. "And part of why she did not is women tired of the same argument and the same thing that you're presenting to me now, even though you're trying to be personally mean about it."

Conway is objectively right. Focuses on Trump's sexism and misogyny didn't give Clinton the win. The questioner had asked how Conway "rationalized" Trump "as a woman." Conway, and many women, answered, basically, screw you.

The problem for feminism — for the state of women under a Trump world order — is just how resolutely the appeal to women's interests failed to sway women's votes; just how readily sexism and misogyny is accepted by women as well as men. The election has offered an educational conundrum: How do you explain gender inequalities to people who refuse to believe they exist or — more worryingly — don't think they matter?

Some are appealing to Ivanka Trump, the top female surrogate for her father, in Instagram posts that begin "Dear Ivanka," and continue with pleas to support women's reproductive rights, fight HIV/AIDS, improve access to child care and tackle climate change.

In the reporting so far into who Ivanka is and what she believes, there's nothing to suggest she is substantially unlike her father. She appears just as policy-thin (her proposed child-care policy would do little for families most in need), corporate-driven (she's committed to running Trump's businesses despite a high-profile role in the transition team), and entitled (her memoir gives herself, and not her inherited wealth, all the credit).

Left-wing hopefuls seem to be reaching out to Ivanka — and not, say, her husband, Jared Kushner — purely in the misguided belief that her womanhood indicates a secret harbour of progressive views.

It's a conclusion as faulty as Clinton's faith in the woman card. And one that will do nothing to aid American feminism at the onset of a dark and demanding four years.

TENNESSEE

Wildfire death toll rises

Crews discovered the remains of three more people as they searched the rubble of wildfires that torched hundreds of homes and businesses near the Great Smoky Mountains, bringing the death toll to 10, officials said Thursday.

Authorities set up a hotline for people to report missing friends and relatives, and after following up on dozens of leads, they said many of those people had been accounted for. They did not say whether they believe anyone else is still missing or may have died.

"I think it's fair to say that the search is winding down," Sevier County Mayor Larry Waters said.

He said the searches would likely be completed Friday.

Nearly 24 hours of rain on Wednesday helped dampen the wildfires, but fire officials struck a cautious tone, saying people shouldn't have a false sense of security because months of drought have left the ground bone-dry and wildfires can rekindle.

The trouble began Monday when a wildfire, likely caused by a person, spread from the Great Smoky Mountains National Park into the tourist city of Gatlinburg as hurricane-force winds toppled trees and power lines, blowing embers in all directions.

THE ASSOCIATED PRESS

REACTION

Dolly Parton offers monthly money

Dolly Parton says The Dollywood Company and The Dollywood Foundation are establishing the My People Fund, which will provide $1,000 monthly to Sevier County families who lost their homes.

MARYLAND

Beaver rampage

A beaver bandit was rounded up by police after making a dam fine mess of a holiday aisle at a Maryland dollar store.

The beaver waddled through the front door and made a beaver-line for an aisle that looked to be lined with delicious tree treats. Bad news, beaver: Those balsams are bogus. In what we can all hope was a display of displeasure, the beaver put its finely honed skills of destruction to work on the surrounding Yuletide merchandise.

ANDREW FIFIELD/METRO IN TORONTO

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Labour crisis in farming sector

FARMING

Robust migrant farm worker program needed: Study

Migrant workers currently account for 12 per cent of Canada's agricultural workforce. TORSTAR NEWS SERVICE

With a growing demand for unskilled agricultural workers, a new study warns a large portion of Canadian farmland will lie fallow without a robust migrant farm worker program.

Labour shortages within the sector have already doubled over the past decade and are expected to double again by 2025, reaching 113,800 unfilled jobs, said the Conference Board of Canada study.

"A growing labour gap in agriculture is being driven by a combination of circumstances, including an aging workforce, large seasonal fluctuations in employment, the rural location of many operations, and negative perceptions about working in the sector," said the study, Sowing the Seeds of Growth.

"Simply paying Canadians more to work in the sector or buying more machines may not be possible and will not eliminate the sector's need for TFWs (temporary foreign workers)."

The report came on the eve of a soon-to-come announcement by Ottawa to overhaul its temporary foreign workers program.

Currently, migrant workers account for 12 per cent of Canada's agricultural workforce, filling about three-quarters of the sector's labour gap, said the study. Twenty years ago, only five per cent of the farm workers were brought in from other countries.

In 2015, the sector accounted for 58 per cent of the number of positive labour market impact assessments — a review by federal officials to ensure there's a labour shortage and the hiring of the migrant workers will not take jobs away from Canadians.

At the seasonal peak, the sector needs about 100,000 more workers than at seasonal lows.

Latest government data showed 177,704 migrant workers were issued work permits in 2014, including 45,281 agricultural workers and 41,002 lower-skilled workers, many of them on farm work.

TORSTAR NEWS SERVICE

LOYALTY REWARDS

Air Miles now won't expire

Following an uproar from consumers, the company that runs the Air Miles loyalty points program says it is cancelling plans that would have seen collectors lose their miles after five years.

The expiry policy was supposed to be implemented beginning Dec. 31. But LoyaltyOne announced Thursday it was walking away from that plan, effective immediately.

"There is uncertainty with provincial governments proposing or considering legislation across Canada, so we have decided to cancel the expiry policy so that all collectors, regardless of location, can be confident that their balances will be protected," LoyaltyOne CEO Bryan Pearson said in a statement.

The Air Miles reward program launched in 1992 and has more than 11 million active collector accounts.

THE CANADIAN PRESS

STREAMING SERVICES

Here's how Netflix downloading works

Andrew Fifield
Metro | Toronto

This week Netflix finally announced users will be able to download programs for offline viewing. Here's everything you need to know to get started.

Can I download anything for future viewing?
We're afraid not. At least for now, only Netflix-owned shows like The Crown and The Unbreakable Kimmy Schmidt can be saved for offline viewing.

What devices can I download to?
If you want to take your Netflix shows on the go, you're going to need the iOS or Android app. Your device will need to be running at least iOS 8.0 or Android 4.4.2 to be compatible with the app.

I notice "laptop" missing from that answer.
Correct! Only the mobile app can download programs for future viewing. You also won't be able to move downloaded files over to your computer.

How much data does downloading guzzle?
Downloading a program requires the same data needed for streaming it, so it's best to load up at home on your personal network.

How much storage space will I need?
An average hour-long episode in standard definition clocks in at around 280MB. SD is the default download setting, but if you crave that high-definition action, you'll need roughly twice that.

Will my downloads expire?
If a saved episode expires in less than seven days, your app's My Downloads section will show you a countdown. Other programs will have to be completed within 48 hours of the first time you press play.

MORE ON THE METRO APP

CONCORD'S NYE VANCOUVER
Ring in 2017 at Concord's NYE Vancouver in downtown Vancouver

metro SCIENCE
Your essential daily news
Move over Great White: Canadian researchers discover that plentiful, microscopic diplonemids are crucial predators in the ocean ecosystem

DECODED by Genna Buck and Andrés Plana

WILL YOU LIVE TO 117? IT'S COMPLICATED

Everyone, at some point, was the youngest person on Earth. But only a tiny group get to be counted among the oldest — like Emma Morano, 117, of Italy, who was just crowned the longest-lived person on the planet. Supercentenarians like her (who live to 110+) are a bit of a medical mystery. **What gives the super-old their super-longevity? We don't know, but they do share a few common characteristics.**

Emma Morano, 117, says being single since 1938 kept her young

HOW THEY DO IT

Genes
Super-long life runs in families, but genetic sequencing has not shown exactly the genes involved. Half of people who live to 100 also have at least one parent, sibling or child who does.

Independence
As a rule, the later you get your first chronic illness or disability, the longer you live. Studies show very few supercentenarians get diabetes, heart disease, or cancer before their 90s. Most are independent at 95 and aren't frail until 105.

Biochemistry
People in their 100s have lower levels of proteins that indicate inflammation in their blood than peers in their 80s and 90s.

Staying sharp
Evidence is mixed, but it suggests dementia sets in later among those 110+. One small study of seniors 115 and up found six out of the seven subjects were able to carry out a meaningful conversation a few weeks before their death.

Personality
They've seen it all: Supercentenarians are better than average at dealing with stress, tend to be extroverts and have a sunny outlook on life.

A WORD FROM OTHER CONTENDERS
What is their formula?

Violet Brown, 116 (1900-) Jamaica
Being self-reliant, reading the Bible

Jeanne Calment, 122 (1875-1997) France
Chocolate, olive oil, being relaxed

Misao Okawa, 117 (1898-2015) Japan
Sushi, lots of sleep

Marie-Louise Meilleur, 117 (1880-1998) Canada
Wine, hard work

CITIZEN SCIENTIST by Genna Buck

Overlook the obvious, miss a lot of science

If gravity has a downward force, why does the flame coming out of my lighter point upwards, even when I flip it upside-down? — Geoff

Reading your questions (keep 'em coming!) is a two-step process in my head.

1) Pssh! I can answer this in my sleep! Fire is a chemical reaction called oxidation, which releases the chemical energy stored in fuel (your lighter fluid) as heat. Heat rises. Hence fire rises. BOOM.

2) **Wait, what does that mean**? What are flames, exactly? Heat is invisible. Fire must be made of something.

When you generate a spark hot enough to burn lighter fluid (a.k.a. butane), the chemicals it's made of start to break down. They react with the oxygen in the air and produce water and carbon dioxide (maybe a bit of other stuff, depending on additives).

When molecules are heated past a certain point, they start to glow: emit energy in the form of visible light as well as heat. The hot gases released by the burning of butane are hot enough to glow. In science terms, they're **incandescent**. That's the flame you see.

It also heats the surrounding air, making it expand and become less dense. And, you're right, Geoff: The downward pull of gravity is at work here. It draws colder, denser air from the room down to the base of the flame. This displaces the hot air, which rises. The upward flow of hot air makes the flame move upwards, regardless of the direction the lighter is pointing.

I'm sure I was taught this at some point, but let's just say it wasn't burned into my brain. When I research your questions, I invariably find I know less than I think I do. Being science-minded means embracing your inner six-year-old and asking: But why? But why? But why, why, why?

Science Question? Tweet @genna_buck

FINDINGS
Your week in science

ISTOCK

THAT'S FRESH
Swiss researchers have found three new ways to preserve vaccine fluid at room temperature, making it easier to ship shots around the world: Add nanoparticles, an FDA-approved polymer, or (no kidding!) a solution made of table sugar.

SIRI TAKE NOTE
Do you have an opposite-sex friend or partner who's vexed by a voice that sounds perfectly pleasant to you? One Canadian researcher has found men and women judge the attractiveness of speaking voices differently. Women found longer 's' sounds attractive but men did not.

SOUND SMART

DEFINITION
A **polymer** is a molecule made of smaller repeating units. Those with relatively large molecular mass — thanks to their many, many subunits — are often stretchy, unstructured and durable: handy properties in glues and plastics.

USE IT IN A SENTENCE
We wouldn't be here without the most important **polymer**: a massive molecule made up of units called nucleotides. It's known as DNA.

PHILOSOPHER CAT
by Jason Logan

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MOVIES MUSIC TELEVISION DIGITAL

THE APOLOGY

Filmmaker shares stories of kidnapped war victims

Steve Gow
For Metro Canada

"There was this sense of urgency from the moment we started that this story needs to be told."
Filmmaker Tiffany Hsuing

Grandma Adela makes a difficult phone call to her son Eric in The Apology. The documentary focuses on the stories of three former "comfort women" who were kidnapped and forced into sexual slavery by the Imperial Japanese Army. CONTRIBUTED

'Silence is a cycle' for sexual slavery victims

It's difficult to imagine, but even 70 years after the end of the Second World War, there are still women fighting for a simple acknowledgement of the torture and abuse they endured during the hostility.

In the new documentary The Apology, Toronto filmmaker Tiffany Hsuing meets three grandmothers who uncover their experiences as "comfort women" — the so-called name for 200,000 girls who were kidnapped and forced into sexual slavery by the Imperial Japanese Army — an atrocity that is barely recognized by the Japanese government to this day.

"Silence is a cycle. It gets passed down from generation to generation," explained Hsuing about the stigma that oppressed comfort women for decades until South Korean organizations began prodding Japanese officials in the 1980s.

"This happened well before the grandmothers — this was a choice that it was better to stay quiet; to hold on to this yourself than to ever speak about it," said Hsuing. "We should feel that we live in a society where this is okay to share and to talk about."

Although focused on the stories of three former comfort women, Hsuing hopes her seven-year production also resonates for younger audiences. To accomplish that feat, she attempted to play down historical documentation in lieu of the grandmothers' contemporary quest for formal recognition and acceptance of the tragedy.

"Sexual slavery is still going on in countries where war is happening but human trafficking (is) happening right in our own backyard here in Canada," said Hsuing of the film's relevance. "Sexual violence is here amongst us and survivors are still trying to come out with their stories."

Hsuing references the recent Jian Ghomeshi case or Bill Cosby's sexual assault suit to exemplify the pressure for survivors to stay silent. Indeed, The Apology may target a black mark from the 1940s, but its message is clearly prescient today.

"We play a role in perpetuating that shame and perpetuating that silence, so yes, this film aims to encourage and empower the younger generation to speak out of their own experience," said Hsuing. "But also to encourage our society — how do we support survivors, people who have gone through sexual violence, and create a space where they don't feel shame?"

FOOTAGE

The biggest challenge
"We had over 400 hours of footage to work with and it got cut down to an hour and 45 minutes," said Hsuing, who shot the movie over seven years. "It was definitely hard to select and piece the moments dating back that were best going to tell the story."
STEVE GOW/METRO

Tatiana Maslany and Tom Cullen in The Other Half. COURTESY MONGREL MEDIA.

IN FOCUS

Spend your cash on worthwhile films instead of sequels

Richard Crouse
For Metro Canada

This weekend, for the first time all year, none of the new films on release have a number or a colon in the title.

That means no sequels, prequels or reboots cluttering up screens. Hollywood hasn't suddenly decided to change their tactic of squeezing every dime out of every tried-and-true concept in their back catalogue.

Nope, it's because after American Thanksgiving, one of the biggest movie times of the year, the studios figure everyone ate too much turkey to bother going to the movies this week.

That means we have smaller, not-ever-likely-to-be-sequelized movies like Lovesick, Antibirth and The Other Half on offer.

All, depending on your taste, are worth your dollar and each ticket bought sends a message that moviegoers won't be content with constant rehashes of stories we already know.

Recently a tentative deal to make Bad Boys 3 and 4 was announced. While the prospect of a third and fourth movie in that decades old series is about as welcome as a plantar wart, we did this to ourselves by supporting endlessly repackaged stories and ideas.

Hollywood wouldn't spend the time or effort to make photocopy quality sequels if we didn't line up to see them, so why not use your buying power to demand better movies? Read these easy-to-follow rules for sequel avoidance:

1. Generally speaking, shun movies with numbers in the titles. This sounds straightforward, but movies like One Flew Over the Cuckoo's Nest, Three Days of the Condor, 8½, and The Seven Samurai muddy the waters.

By all means go see or stream those, but when choosing a movie beware of titles containing colons (Lawnmower Man 2: Beyond Cyberspace), the word "part" (Friday the 13th Part 3: 3D), unless of course it's The Godfather Part II, a subtitle like "This Time It's Personal" (Sister Act: Back in the Habit), roman numerals (Superman IV: The Quest For Peace) or any combination of the above (Friday the 13th Part VIII: Jason Takes Manhattan).

Other trouble spots include titles containing the words "Beginning" (Psycho IV: The Beginning), "Bride" (Bride of Chucky), "Return" (Return to the Blue Lagoon), "Vs." (Gamera vs. Jiger), "Boogaloo" (Breakin' 2: Electric Boogaloo) or "Revenge" (Jaws: The Revenge).

2. Worse than numbered sequels are movies which substitute a homophonous word for the number (Look Who's Talking Too, Teen Wolf Too).

3. Avoid movies that recycle ideas while simply changing the tense of the movie title. Examples? What was funny in Analyze This became less so in Analyze That and there is a reason I Still Know What You Did Last Summer sits at a 7 per cent approval rating on Rotten Tomatoes.

4. And finally, as a matter of principle, steer clear of any movie in which Ben Stiller plays supermodel Derek Zoolander.

Of course I'm joking — except about Zoolander. Any movie that subtitles itself with "No. 2" is really asking for it.

Go see whatever you want, but keep in mind when supporting bad movies the joke is on us. It feeds the notion that audiences are as creatively bankrupt as the studios. Not so.

If you are given a steady diet of dog food, pretty soon you get a taste for Alpo, but if occasionally you have something better, soon enough you'll crave foie gras. Sequels are the dog food of the movie industry. Don't let them force feed you.

MOVIE RATINGS by Richard Crouse

The Other Half	★★★★
Lovesick	★★★
Antibirth	★★

HOW RATING WORKS

★★★★	SEE IT
★★★	WORTHWHILE
★★	UP TO YOU
★	SKIP IT

Prince Harry watches as Rihanna gets her blood sample taken for a live HIV test in order to promote widespread testing on World AIDS Day, Dec. 1. The Prince also took a test during the visit to Barbados, marking the nation's independence. GETTY IMAGES

When Harry met RiRi

CELEBRITY

The Prince joins Rihanna in her beloved Barbados

Prince Harry joined Rihanna in celebrating 50 years of independence for her native Barbados.

The prince, visiting the sixth of seven nations on a two-week Caribbean tour, and the singer shared the stage Wednesday night with the prime minister during a concert and dance performance marking the date the island broke away from Britain.

Harry read a message from the Queen congratulating Barbados and saying that the island should be "rightfully proud" of a vibrant culture and natural beauty. He spoke before a crowd of about 20,000 people at the Kensington Oval cricket ground.

He also encouraged residents to work together to confront challenges such as climate change and the effects of technology on the job market.

"The solutions to these challenges will not come from anyone else. The answers must come from you," he said. "Good things happen to good people. Believe you can make change, and if you lead by example, others will follow."

Earlier, Rihanna and Harry met at the airport, and then marked World AIDS Day by visiting an HIV clinic in Bridgetown and being tested for the disease. The prince took a public HIV test this summer as part of a campaign to raise public awareness.

"I want to say to everyone who hasn't been tested: Get tested, regardless of who you are, your background, culture or religion," he said while visiting the clinic in the capital of Barbados.

Harry is on a two-week tour of the Caribbean that is also a celebration of the 90th birthday of his grandmother the queen. THE ASSOCIATED PRES

JOHN LEGEND

Moved to tears by song about daughter

John Legend's favourite track off his new album, Darkness and Light, was written for a very special lady: His seven-month-old daughter, Luna.

"When I played it for her and Chrissy for the first time, I just started crying because it felt so real to me and felt so appropriate for how I feel as a new father," Legend said of the melancholy ballad titled Right by You (For Luna).

The Grammy-winning singer welcomed his first child with wife Chrissy Teigen in April.

In Right by You Legend ponders the kind of person his daughter will become.

John Legend's song called Right by You was written for his seven-month-old daughter. THE ASSOCIATED PRESS

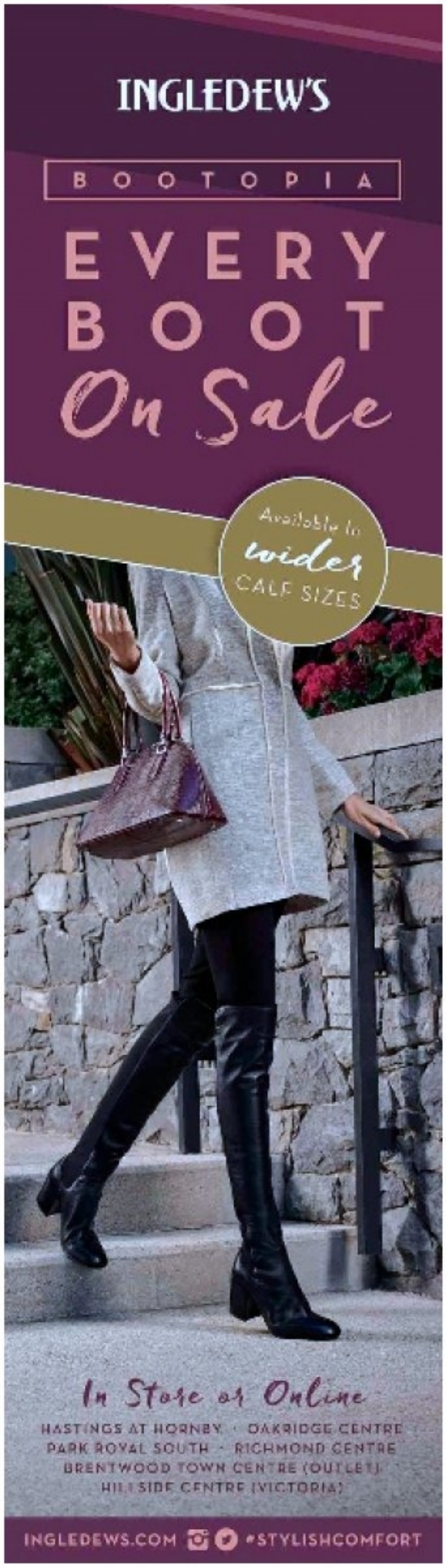
"New parents have questions more than they have answers and that's what we wanted the song to reflect," Legend, 37, said. "You know, will you live like me? Will you look like me? Will you have your mother's fire? Will you think like me?"

The Hollywood couple's passionate love story permeates Legend's fifth studio album, out Friday. It's his first album in three years, following the massive success of the No. 1 hit, All of Me, and Oscar and Grammy wins for Glory from the film Selma.

"The theme of Darkness and Light is — it's that idea that there is trouble in the world, there is darkness, there is uncertainty, but we have light. We have love in our lives that we can hold on to," he said.

He also hopes his passion for social justice translates to one fan in particular — his daughter.

THE ASSOCIATED PRESS



metro TRAVEL
Your essential daily news

Based on geotag data, Niagara Falls is the most Instagrammed location in Canada for 2016

5 THINGS TO DO IN TREMBLANT (BESIDES SKIING)

Along with premiere views and food, Mont-Tremblant offers you a variety of outdoor adventures, and ways to kick-back. From relaxing in a beer garden to hitting the water circuits, it's a natural paradise in any season. Here are five things to do: **LAUREN MILLER/FOR TORSTAR NEWS SERVICE**

1 Ride the luge

You can experience the rush that comes from hurtling down the side of a mountain at top speed, even when there's no snow, if you ride the Skyline Luge at Mont-Tremblant. While the ride may seem geared to kids, no one can resist cracking a smile while navigating the twisting course in a luge cart. Helmets, carts and patient and informative staff are on hand.

2 Enjoy a local brew

Head to the outdoor patio at the Microbrasserie La Diable at Mont-Tremblant, where you can admire the view of the old Tremblant village. This casual, timber-roofed brewery has hints of German inspiration in its décor, and it serves 100 per cent natural craft beer. It's also the first microbrewery ever opened in the Laurentians.

3 Hit the village shops

Take some time to enjoy the charm of the village and peruse some of the many quaint shops that line the cobbled streets. You'll find big-box favourites, such as Burton and David's Tea, as well as small galleries full of local art and handmade gifts. You should also probably treat yourself to an authentic BeaverTails pastry.

4 Detoxify

Head to the Scandinave Spa, where you'll be able to detoxify and relax in a circuit of outdoor saltwater hot tubs, eucalyptus steam rooms and hammocks strung between evergreens. Combine the circuits with a Swedish massage for even more calming bliss. It's a busy spot, so book your visit ahead of time.

5 Cruise Lac Tremblant

Enjoy the views of the mountain from below and above, with a boat rental. You can sail around the 12-kilometre long lake on a pontoon, tin or inflatable boat, and take in the incredible views of the surrounding rolling hills and gorgeous cottages. The lake is also home to a number of small islands.

Follow presidents to Palm Beach

FLORIDA

Area a golf favourite for both Kennedy and Trump

Brian Kendall
For Metro Canada

Located in the heart of Old Palm Beach, every golfer should head to The Breakers — whether they're a president or not. HANDOUT

Following the January inauguration of Donald Trump, glamorous Palm Beach will once again become the preferred wintertime retreat of a golf-loving United States president.

John F. Kennedy could often be seen teeing it up on the Ocean Course at The Breakers, the towering Italian Renaissance-inspired luxury hotel that has been the focus of Palm Beach society for more than a century.

During his presidency, the Spanish-style Kennedy family compound at 1095 N. Ocean Blvd. served as the unofficial Winter White House.

Trump enjoys even fancier digs. In 1985, he purchased Marjorie Merriweather Post's fabulous Mar-a-Lago estate and turned it into a members-only club. The president-elect, a low-handicap golfer who owns or operates 17 golf clubs around the world, plays his rounds at nearby Trump International Golf Club.

Old Palm Beach is the historic heart of Palm Beach County, stretching from Jupiter in the north to Boca Raton in the south.

The county, the largest south-east of the Mississippi River, is home to more than 165 courses, including several of the top resort tracks in the South.

Sharing the same address as the PGA of America in the upscale enclave of West Palm Beach, about 20 minutes north of Palm Beach, is PGA National Resort and Spa, the scene of numerous past championships, including the 1983 Ryder Cup and the 1987 PGA Championship.

The headliner of the resort's five courses is the Champion Course, a superb Jack Nicklaus design that will host the PGA Tour's annual Honda Classic, Feb. 23 to 26.

> **Every visitor should spend at least a few hours in Old Palm Beach, marvelling at the Mediterranean-style waterfront mansions along Billionaire's Row.**

PGA National's major rival among Palm Beach County's golf resorts is Boca Raton Resort and Club, a Spanish-Moorish beachfront palace designed in the 1920s by visionary architect Addison Mizner, famous as the creator of the Palm Beach Style. The property's original William Flynn-designed layout, the Resort Course, is sneakily difficult, with rapid elevation changes and numerous water features. A far stiffer test is the Country Club Course, a Joe Lee design located a short drive from the resort.

Mizner's imprint is seen everywhere in Palm Beach County, but especially in Old Palm Beach where he designed opulent waterfront mansions for the Rockefellers, Du Ponts, Vanderbilts and other American royalty.

He took his inspiration from the medieval buildings of the Mediterranean, flamboyantly including courtyards and arcades in his designs to let his clients better enjoy the balmy Florida weather.

Every visitor should spend at least a few hours in Old Palm Beach, marvelling at the Mediterranean-style waterfront mansions along Billionaire's Row and exploring the chic boutiques that line Worth Avenue and its gracefully colonnaded corridors — Via Mizner, Via Prigi, Via Roma.

Equally essential for golfers is a tee off on the Ocean Course at The Breakers in the heart of Old Palm Beach.

Reputed to be Florida's first 18-hole layout when it opened in 1897, the Ocean Course sparked the game's rapid growth throughout Palm Beach County, a winter tourist destination still justly touted as "Florida's Golf Capital."

For more travel golf stories, visit Brian's website at canadiangolftraveller.com

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Mazatlan, Mexico
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Meeting the elephants of Thailand

SOUTHEAST ASIA

Bigger-picture initiatives protect animals

Renée Suen
For Torstar News Service

Elephants YinLuck and Kumpun feast on the jungle foliage at the Golden Triangle Elephant Camp's expansive 160-acre grounds. Elephants require about 250 kilograms of food a day.
RENÉE SUEN/TORSTAR NEWS SERVICE

Before she turned four, YinLuck had already been begging on the streets of Southern Thailand. Like other elephants, she might have gone on to work at a circus had she not been rescued by the Golden Triangle Asian Elephant Foundation.

Elephant husbandry in Southeast Asia is a contentious topic. Asian elephants play a part in ceremonial and religious traditions, and mahout (caretaker) culture demands certain families own elephants.

Due to a decline in trade, elephants and their mahouts are now competing for fewer jobs, often for longer hours, and at lower pay. Since the large vegetarians are expensive to keep, mahouts are forced to find alternative employment.

In the city, elephants face a life of inadequate nutrition, poor health from pollution, and the threat of being hit by cars. In illegal logging camps, elephants are overworked and underfed.

A recent surge in ecotourism may be the best opportunity for the majority of Thailand's 4,000 captive elephants and the communities whose livelihoods are dependent on them. But concern over trekking conditions (overworked, improperly carrying unsafe loads), and frequent reports of abuse and the illegal capture of young elephants from wild herds to supply the tourism or entertainment industries, is unsettling.

John Roberts, director of elephants at Anantara Golden Triangle Elephant Camp & Resort and founder of the Golden Triangle Asian Elephant Foundation, says education is the best way to aid species conservation. "You can't stop over 4,000 years of tradition when the biggest asset that feeds these families is their elephant. So try to help through the tourism perspective, while giving mahouts the tools and opportunity to treat their elephants well."

Via the foundation's forward-thinking initiatives, the mahout community can sustain its needs and preserve its culture. Funded by luxury hotel chain Anantara, parent company Minor International, Four Seasons Tented Camp Golden Triangle, and guest donations, a camp has been set up like a village, with elephant stables and lodgings. The families receive health care, schooling, and support for wives' silk-making enterprise. Mahouts are taught positive Western reinforcement techniques that refine their traditional methods, with protocols that give elephants the appropriate care, protection, treatment and security.

Outside the camp, the foundation is also reclaiming agricultural land through reforestation, protecting corridors of elephant traffic, and developing methods to eventually safely release captive elephants into the wild.

Guests can experience safe and ethical activities, from walking with the giants — a gentle, minimally imposing means to enjoy the company of the majestic creatures, to dining alongside baby elephants. There's also a full-day mahout training experience, and a morning elephant yoga class I had erroneously thought of as a cute side-by-side workout, but actually involved up-dogging on the mammal's neck.

Roberts says that done properly, the elephants aren't bothered by the activity. Still, for my own peace of mind, I chose to admire them from afar.

Renée S. Suen was hosted by the Tourism Authority of Thailand and a guest at Anantara Golden Triangle Elephant Camp & Resort, which didn't review or approve this story.

Why Sanctuaries?

Thai elephants can't simply be released back into the wild: besides a loss of habitat and fragmentation due to urban growth, there are also dangers with ivory poaching and run-ins with humans.

Checking off the virtual shopping list

ON THE WEB

Online shopping is making us choosier gift givers

Vicky Sanderson

Maybe it's because you can buy just about anything online now — including a bed in a box — but Canada Post says 76 per cent of Canadians will shop online this year, up from 51 per cent in 2010.

Gift buying will most certainly be a factor in that jump, says Camille Kowalewski, head of communications for eBay Canada.

EBay alone, notes Kowalewski, is home to some one billion products. So there's no excuse, she insists, for not coming up with the perfect gift, and for not doing so without necessarily throwing about loads of cash.

"The trend is towards giving a gift that's more thoughtful rather than convenient or expensive," she said.

That might mean buying a sibling a nostalgic toy, such as a set of Gumby figures (about $35 on eBay), and also easily found at one of the other online shopping giants, such as Amazon.

Thoughtful gifting will increasingly mean an "experience," says Cameron Papp, communications manager for StubHub, a global, virtual marketplace that connects buyers with tickets to concerts, sporting and special events.

His market research suggests 75 per cent of people would prefer an experience over something tangible, and 30 per cent would take a concert over a gift certificate to their favourite store. That number jumps to 75 per cent for people aged 18 to 25.

Demand for live music is on the rise, says Papp. In 2017, that could include concerts by such artists as The Weeknd or the Red Hot Chili Peppers.

Customization is popular among home decor and design gifts, says Erin Green, managing director of Etsy Canada, who suggests a gift with "a monogram or a mug with a custom illustration or initial that says it's just for that person." Other home decor on the site includes pretty agate coasters and one-of-a-kind magazine racks.

In a win-win shopping situation, Aeroplan members can gain travel miles as they shop with popular participating retailers. Some offer card holders special deals and promotions that earn them even more miles.

Home-related products, such as Dyson vacuum cleaners, sell well, says Francine Sternthal, director of product development at Aeroplan, as does Sonos, a wireless music system that lets you play any song stored in iTunes, Internet radio stations, and online services like Pandora, Spotify, Rdio, and Google Play, anywhere in the house.

Gifts that last the whole year through are now a thing, says Aubrey Podolsky, director of strategy for brand design company Pigeon, pointing to True North Delivery Co., which will send what is essentially a box of Canadian junk food just about anywhere in the world.

"Because it's monthly, they know you are thinking of them all year, which makes it even more special," Podolsky said.

If a delivery from a wine club is more to your pal's taste, consider a service such as the Calgary-based Wine Collective where $80 buys a gift set of two bottles sent across Canada, while sending four bottles a month for a year is around $1,030. (There are many price points in between.)

Many independent bricks retailers now do business online, including the Montreal-based VdeV Maison, which sells "vintage and industrial style" home decor and furniture and Au Lit Fine Linens, purveyors of beautiful bed linens. For affordable pillows (about $60) and quirky vintage posters ($18 each), check out Vancouver-based Cartolina.

There's also a plethora of do good/feel good online shopping options. Gifting, for example, a set of Capiz Shell Coasters ($75) to someone supports the work of World Vision, while bolstering the economic independence of the Filipino artisans who make them.

A fair-trade basket from Ten Thousand Villages is practical, handsome and, with many less than $20, also affordable.

ONLINE PRO

Online shopping may be fast, convenient and satisfying. It's still shopping, says eBay's Camille Kowalewski. So "you ask all the same questions you'd ask about a store you walk into," including, info on delivery and return, shipping costs and exchange rates.

Just because it's online doesn't mean you can leave all shopping to the last minute. The closer it gets to the date you want the present to drop, the shorter the distance between seller and recipient should be.

CLOCKWISE, FROM TOP LEFT: GIRAFFE COASTER, WORLDVISION.CA; DANI BARBE AGATE COASTERS ETSY.CA; DYSON VACUUM, AEROPLAN.COM/ESTORE; SONOS MUSIC SYSTEM, AEROPLAN.COM/ESTORE; LISA TERRY COPPER VINYL RACK AEROPLAN.COM/ESTORE; TEN THOUSAND VILLAGES BASKET, TENTHOUSANDVILLAGES.CA.

Line the tree with top toys of the season

PLAYFUL THINGS

From babes to teens, these prezzies are sure to please

Tanya Enberg

From budding builders and aspiring artists to Star Wars enthusiasts and tech lovers, here's a round up of some of the season's hottest toys guaranteed to please all of the kids on your holiday list.

Babies

Babies will giggle and jiggle with the **Dance and Move BeatBowWow** from Fisher-Price. Push the buttons on the paws and he will play songs, light up and bust out dance moves, with head bobbing, ears wiggling and tail wagging. *$29.94 at Walmart.ca.*

3 + years

Award-winning **Valtech Magna-Tiles** is a must-have kit for builders of any age. The colourful translucent 3-D magnetic tiles connect easily so kids can create whatever the imagination stirs up, while developing math, science and fine motor skills at the same time. *100-piece set, $124.99 at Amazon.ca.*

The Playmobil Pony Farm takes little ones on a journey to the country. Go for a ride, feed the animals, and take care of the play den with all the tools needed to run the farm. *$59.99 at Playmobil.ca.*

All things Paw Patrol remain hot this year and the new **Zoomer Marshall** from Spin Master is eager to get the adventure rolling. Marshall walks, talks, spins and comes with rescue missions and pretend water cannons that launch. *$89.99 at Toysrus.ca.*

Young artists will love drawing, writing and getting their scribbles out on the **Scribble n' Play eWriter** from Boogie Board. The reusable doodle pad has an innovative multicolour LCD screen, bringing colour to eWriters for the first time. *$49.99 at Mastermindtoys.com.*

Also new from Boogie Board is the **Jot 4.5 Clearview**, featuring a translucent LCD screen and removable alphabet flashcards for tracing big and small letters — ideal for mess-free learning. *$29.99 at Michaels.com.*

The Hexbug AquaBot Wahoo is a zippy robotic fish that spins, dives and loops around when submerged in water. The small creature comes with a bowl, but is super entertaining to set free in the bathtub, too. *About $21 at Toysrus.ca.*

Open up a world of magic inside the **Sago Mini Portable Playset, Jinja's House**. The kit comes with Jinja and Rosie figurines, delightful accessories and folds into a handy storage box in seconds. *$34.95 at Indigo.ca.*

New arrival, the **Our Generation Nia 18" Doll** makes stylish addition to any collection. Nia is spotlight ready with a ballet dress, adorable shoes and leg warmers. *$39.99 at Mastermindtoys.com.*

5+ years

Hatchimals are literally flying off the shelves. Called the hottest toy of the season, these cute creatures live inside an egg until they are ready to hatch with the help of human touch. Once out, the fun begins as kids teach their furry critter to walk, talk, dance and play games. *$79.99 at Toysrus.ca, though finding them in stock may be tough.*

Cuteness is in the house with loyal Astromech Droid, BB-8. **The Star Wars Force Awakens Remote Control BB-8** rolls in any direction and makes authentic sounds. *Prices vary. Available at shopatshowcasecanada.com and Indigo.ca.*

Save playroom space with the three-in-one art studio from V-Tech. **The DigiArt Creative Easel** transforms from a dry erase board to chalkboard and a drawing table. One of the coolest features is learning to draw objects and shapes by using the magic pen and tracing the light. *Suggested price $79.99 at Sears.ca.*

6 – 15 years

Aspiring architects can put their vision to work building **Emma's Townhouse from the Roominate line** by PlayMonster. Combining design and engineering, kids create their own townhouse and outfit it with custom furniture, wallpaper and circuitry to bring it to life. *$59.99 at Amazon.ca.*

Get powered up with the recent arrival of **DC Super Hero Action Hero dolls** to Canada. The Mattel line includes Wonder Woman, Supergirl, Batgirl, Harley Quinn, Bumblebee, Poison Ivy, and Katana. *About $25 each at Walmart.ca.*

Take an inexpensive journey to incredible locations with the kid-friendly **3-D View-Master Virtual Reality Starter Pack**. Use a compatible smartphone and VR Destinations app and become immersed in famous places with a 360-degree view. *$29.99 at Bestbuy.ca.*

Meet the perfect pet for dinosaur enthusiasts — the **Meccano Meccasaur**, a three-foot long T-Rex that kids get to build and program. Hear the Meccasaur roar and watch it guard, walk and stomp. Recommended for 10+. *$159.99 at Mastermindtoys.com.*

1 Dance and Move BeatBowWow from Fisher-Price
2 DC Super Hero Action Hero dolls from Mattel
3 Jot 4.5 Clearview from Boogie Board
4 Hatchimals
5 Our Generation Nia 18" Doll
6 Playmobil Pony Farm
7 Valtech Magna-Tiles
8 Zoomer Marshall from Spin Master
9 Meccano Meccasaur
10 Emma's House from the Roominate line

Disclaimer: Product availability and prices subject to change at retailer's discretion.

scratch & win

You might be giving more than you think.

Give Scratch & Win for the holidays. For more chances to win visit **techthehalls.ca**

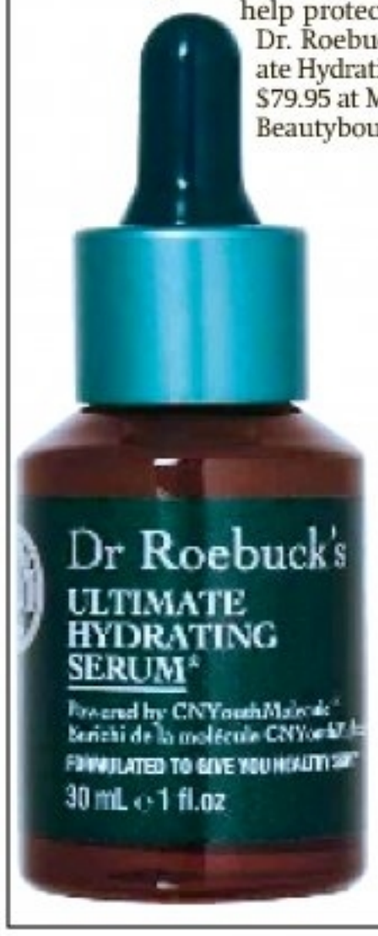
bclc

Lottery tickets are not for kids. GameSense

19+

Gifts to get his groom on

The Outdoorsman: Serums are the powerhouses of skin care; if he spends time in icy air and wind, a super-hydrating, antioxidant-rich fluid will help protect his skin. Dr. Roebucks Ultimate Hydrating Serum, $79.95 at Murale, and Beautyboutique.ca.



The DIY Dude: Known for its rechargeable rotary haircutting tool with self-sharpening stainless-steel blades and five hair-length settings, the Conair for Men Even Cut maintains his 'do sans vacuum-cleaner hose (remember the Flowbee?). From $69.96 at Walmart and Rexall Pharma Plus.

The Morning Man: Cold, grey mornings are a little brighter if they start with an invigorating routine. Love the wake-up power of the made-in-Canada LUSH Salt and Peppermint Bark Body Scrub bar. $9.95 at Lush.ca.

The Go-Getter: Near-miraculous Dermarche Labs Roloxin Lift Instant Wrinkle Smoothing Masks erase signs of fatigue, tighten and brighten skin in less than 10 minutes — and the effects last all day. Also stellar for The Traveller, and for Her. $59 box of five at Sephora.com.

The Throwback: If he likes a traditional shaving ritual, from Canada's Leaves of Trees he'll love the French White Clay Shaving Soap for its easy-glide texture and eaucalyptus-oil antiseptic benefits. $35, including wooden tray, at Leavesoftrees.com.

The Health Nut: The unisex Saje 12 Days of Wellness Advent Calendar is a trove of must-haves, such as Immune Remedy, Eater's Digest Remedy, Peppermint Halo headache remedy, and grey-day remedy Liquid Sunshine diffuser oil. $89.95 at Saje.com.

JANINE FALCON

**Product prices subject to change at retailer's discretion*

Prezzies set to beautify

LOOK PRETTY

Hair care, skin care and makeup treats for the ladies on your list

Janine Falcon

The Best Tressed: The new Dyson Supersonic Hair Dryer is a triple-threat of form, function and futuristic cool — and it's the hottest hair-styling gift of the season. $499.99 at Thebay.com.

The Busy Bee: No need for time-consuming, medi-spa laser-treatment appointments. The Tria Beauty Age-Defying Eye-Wrinkle Correcting Laser really reduces fine lines and wrinkles with just two minutes daily for eight weeks. He can use it too. $285 at Triabeauty.ca.

The Minimalist: She might not fuss with much makeup, but healthy, comfortable, smooth and soft lips are always important. Set her up for success with a gentle scrub, serum, therapeutic lip balm and tinted balm too. Fresh Sugar Lip Entourage 5-piece set, $58, Sephora.com.

The Organizer: Art Deco, Clarins, The Body Shop, NYX, TheFaceShop, Lush – 'tis the year of must-have beauty advent calendars – tidy compartments of daily surprises. Art Deco, $86 (value $224), Shoppers Drug Mart; The Body Shop Ultimate, $169 (value $305), The Body Shop.

The Sophisticate: Skin care goes high-textile with Canada's Nannette de Gaspé Restorative Techstile Masques, beautiful and re-usable waterless fabric masks infused with softening ingredients. Masks for Hands, $100 at Holt Renfrew.

The Skin care Addict: Taking a leaf from its celebrity skin-smoothing favourite P50 toner, Biologique Recherche's P50 Body banishes rough patches, evens tone and moisturizes, too. From $108 at kolortwist.com and one2oneonline.com.

**Product prices subject to change at retailer's discretion*

1 Dyson Supersonic Hair dryer
2 Biologique Recherche's P50 Body
3 Nannette de Gaspé Restorative Techstile Masques
4 Fresh Sugar Lip Entourage 5-piece set
5 Tria Beauty Age-Defying Eye-Wrinkle Correcting Laser
6 Beauty advent calendars

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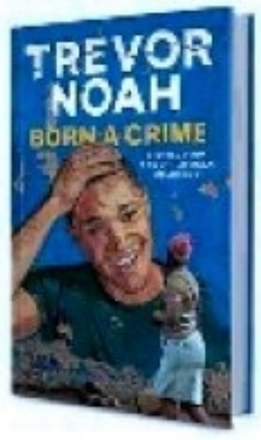
WHAT WE'RE READING



The host of The Daily Show's touching and hilarious look at growing up in Apartheid South Africa.

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THE NEST **NOW $20** REG $22.99

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CANUCKS DUCKS SITTING PRETTY IN VANCOUVER
The Ducks' Sami Vatanen falls on the Canucks' Markus Granlund at Rogers Arena on Thursday night. John Gibson made 27 saves, leading the Ducks to a 3-1 win, their third straight. Henrik Sedin scored the only goal for the Canucks, who had a two-game winning streak snapped. DARRYL DYCK/THE CANADIAN PRESS

IN BRIEF

Riders running back shot dead in Louisiana
Saskatchewan Roughriders running back Joe McKnight has been shot to death following an argument at an intersection with another motorist.

McKnight, 28, was standing outside his car when he was shot by Ronald Gasser, 54, Jefferson Parish Sheriff Newell Normand said during a news conference at the scene of the shooting in Terrytown, La.

THE ASSOCIATED PRESS

Surgery likely to cost Gronk remainder of season
Rob Gronkowski's season is likely over.

The New England Patriots tight end was scheduled to have surgery Friday for a herniated disk in his lower back, the team said in a statement Thursday night.

The team said it doesn't expect Gronkowski to be able to return this season, but will await the results of the surgery before making a final determination.

THE ASSOCIATED PRESS

Tiger quickly fades in his return to golf
Tiger Woods had a share of the lead before a dreadful back nine in his long-awaited return to golf at the Hero World Challenge in Nassau, Bahamas, on Thursday.

Woods, returning after a 15-month hiatus, carded a 40 on the opening round's final nine holes and had to settle for a 1-over 73. He was nine shots behind J.B. Holmes, who opened with an 8-under 64.

THE ASSOCIATED PRESS

Vancouver, Victoria score hosting gig

WORLD JUNIORS

Best of the best under-20 players coming for 2019 event

Vancouver and Victoria will welcome the world's top under-20 hockey players in 2019 when the cities co-host the world junior hockey championship.

Hockey Canada and the Canadian Hockey League announced the tournament's return to British Columbia on Thursday during a news conference at Rogers Arena.

"What it does is it puts everybody united and supporting something," said Ron Toigo, majority owner of the WHL's Vancouver Giants and co-chairman of the 2019 host committee. "You put on an international event of this magnitude, everybody's wearing Canadian jerseys, everybody's proud about being a Canadian. It's a real good event for the community and the economy."

The tournament in Vancouver and Victoria will mark the 13th time Canada has hosted the world juniors.

"I can only hope the energy and the synergy that we feel today is at plus-10 when we put this event on," said Hockey Canada president and CEO Tom Renney. "This is about citizenship. It is about a population that is revered around the world for one reason and one reason only — we're flat out good people, and we want to do the right thing.

"By choosing Vancouver and Victoria as the host communities for the 2019 world junior championship, I believe we've delivered on that."

B.C. last hosted the event in 2006 in Vancouver, Kelowna and Kamloops, a tournament where Toigo was also heavily involved.

"You learn the enormous amount of volunteers required," he said. "Vancouver's an event city. We've got to work on logistics. The support is there regardless. People want to see this type of event. It's up to us to make sure we deliver."

Toigo said that all of Canada's pool games will be played at Rogers Arena, home of the NHL's Vancouver Canucks, while Victoria will host Pool B during round-robin play. He hopes at least some pre-tournament games will be played across the province.

"We want to spread this around as much as we can," said Toigo. THE CANADIAN PRESS

Canucks president of hockey operations Trevor Linden, left, Hockey Canada COO Scott Smith, B.C. Deputy Premier Rich Coleman, Coun. Raymond Louie and host committee co-chairman Ron Toigo at Thursday's news conference at Rogers Arena. DARRYL DYCK/THE CANADIAN PRESS

2017 EVENT

The 2017 championship, co-hosted by Montreal and Toronto, opens Dec. 26.

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19+

Comforting Egg Cups

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Go ahead and admit you love eggs and toast for your evening meal, especially when the toast is designed to soak up every drop of the runny yolks.

Ready in 30 minutes
Prep time: 10 minutes
Cook time: 20 minutes
Serves 4

Ingredients
- 4 slices of wholegrain bread
- 2 Tbsp butter, softened
- 4 eggs
- Salt and pepper to taste

Directions

1. Heat the oven to 375 F.

2. Trim the crusts off of your bread. Use a rolling pin to flatten them and butter both sides of each piece. Press each thin slice into a muffin tin.

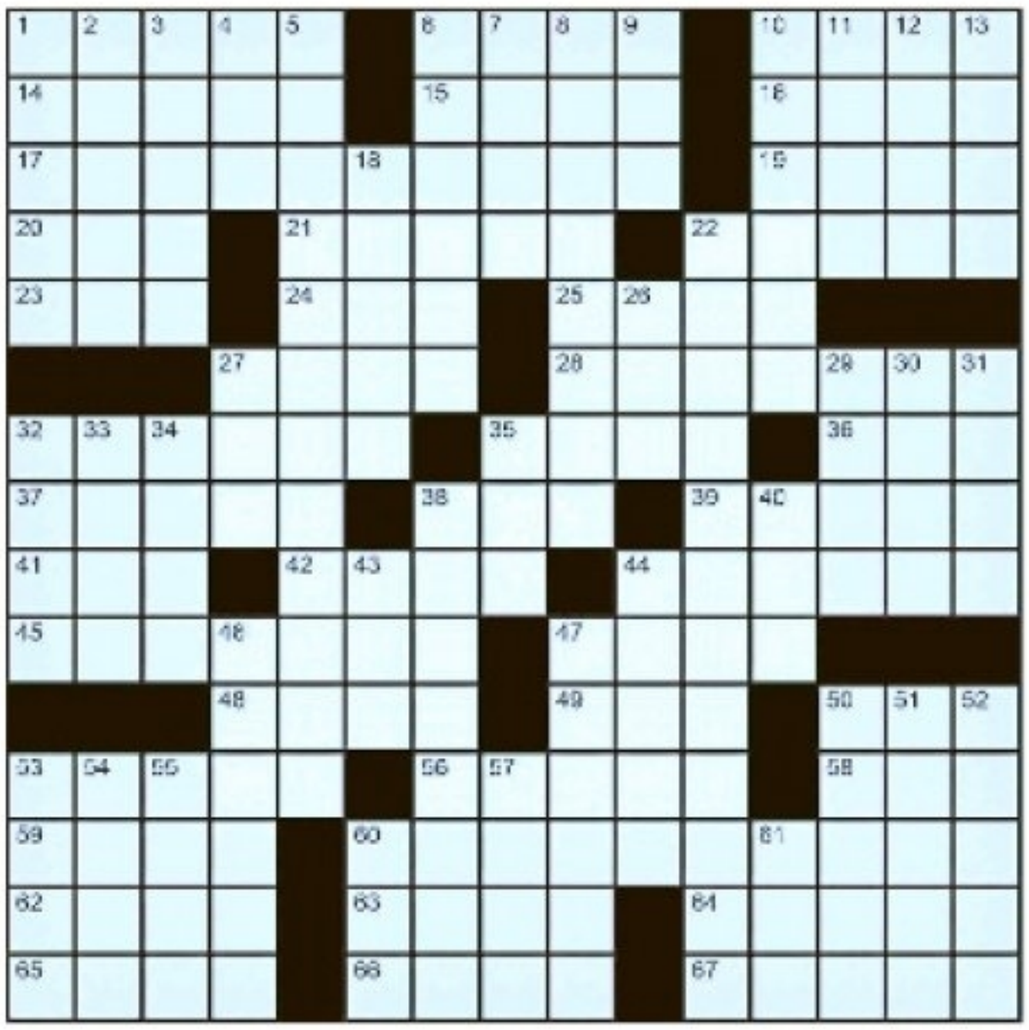
3. Bake in the oven for 10 minutes, or until the bread is golden brown. Remove from oven. You can place the muffin tin on a cookie sheet — it will make getting finished eggs out of the oven easier. Now crack an egg into each nest and sprinkle with salt and pepper.

4. Place it back into the oven for about 20 minutes, you want the yolks and whites to set but not get too hard. Remove from the oven and use a butter knife to pry egg bakes out of the muffin tin. Serve with a side salad.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Like a roast's glaze
6. "_ la Douce" (1963)
10. Twirl
14. Tenor role in 1892 opera Pagliacci
15. Fine
16. Moreover
17. Denizens of Vancouver Island's largest city
19. Mouselike critter
20. Once __ lifetime
21. "Jeez! I have no idea."
22. Alps song
23. Apple devices platform
24. Rapper, _ Kim
25. Montreal 'cabbage'
27. Ms. Suvari
28. Pilgrimage town in France for Saint Bernadette
32. Careless
35. Feline's utterance
36. Jan's portrayer on "The Brady Bunch"
37. "You've got _ _." ...pointed out the plumber
38. Angry
39. Baby barn bird
41. Final [abbr.]
42. "Stanley & _" (1990)
44. Sanctify
45. Statue of Liberty poet Emma
47. Musician Mr. Puente
48. "Watch your _!"
49. "_ about time." (Finally)
50. Emulate Donald Sutherland
53. Painter Mr. Chagall's
56. _ Corporal (Marines rank)
58. Val-_'_, Quebec
59. Languish
60. Big boulevard in The South Shore of Montreal sharing the surname of Quebec's Premier from 1920 to 1936
62. Prayer's last word
63. Authentic
64. Sir Paul McCartney's second wife Heather
65. Hoover Dam lake
66. TV actress Susan, and surnamesakes
67. Spew

DOWN
1. Cato's 207
2. Chilliwack's wetday tune
3. Past persons of Peru
4. Meet
5. Retro 1950s garbs: 2 wds.
6. Edmonton-born hockey great Jarome
7. Horse coat style
8. Batman: Accesorized like The Penguin
9. Classified listings, e.g.
10. Enjoy the delicious taste
11. Trudge
12. Archipelago part
13. Sir Coward
18. Archaeological attractions
22. Anne Murray's version of it was said to be John Lennon's favourite cover of a Beatles song ever: 4 wds.
26. Owl's sound
27. Ms. Farrow
29. Salami shop
30. Air Supply's "_ the Nights Are Better"
31. Cobblestone
32. "The Addams Family" (1991) star Mr. Julia
33. "_ Enchanted" (2004)
34. Toronto-based "Pure Auto" band
35. Humanities degs.
38. Can't remember where you put something
40. "Face/Off" (1997) director John
43. Sara of "Less Than Perfect"
44. G's spelled-out follower
46. Rise
47. Touches of colour
50. "Skyfall" songstress
51. Rake over the _
52. TD Canada _
53. Gentlewoman
54. Wile E. Coyote's supplier
55. Carla's portrayer on "Cheers"
57. Greyish
60. Sitcom co-star to #55-Down
61. 18-wheeler

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Use the next two months to make plans for your direction in life, especially your career. This will be a good time to talk to bosses and employers about advancing your job.

Taurus April 21 - May 21
Any kind of study or further interest in education will flow smoothly for you during the next two months. You want to learn, and you also want to travel. Bon voyage!

Gemini May 22 - June 21
The next two months are an excellent time to discuss financial negotiations and matters related to inheritances, insurance issues, taxes, debt and shared property. (It's a very favorable time for these activities.)

Cancer June 22 - July 23
The planet Mercury will oppose your sign for the next two months, giving you an excellent chance to explain your situation to someone close to you.

Leo July 24 - Aug. 23
The next two months are excellent for any kind of mental work, because you will be more attentive to detail than usual. You won't mind doing routine work that you might usually avoid.

Virgo Aug. 24 - Sept. 23
Games and mental activities will appeal to you during the next two months, because your mind will be in a playful mood. Enjoy amusing diversions like puzzles.

Libra Sept. 24 - Oct. 23
Family discussions and home repairs will be your strong focus in the next two months. Memories of your youth and times from the past will resurface.

Scorpio Oct. 24 - Nov. 22
Expect a busy two months ahead! Intellectual activities, short trips and conversations with everyone will keep you on the go! Yada, yada, yada.

Sagittarius Nov. 23 - Dec. 21
Trust your moneymaking ideas, especially in the next two months, because you will bring mental energy to anything related to your earnings and cash flow. Financial discussions will take place.

Capricorn Dec. 22 - Jan. 20
The planet Mercury moves into your sign today, where it will stay until early February of next year. This will make you talkative!

Aquarius Jan. 21 - Feb. 19
Your ability to do research and find answers will be excellent during the next few months. Start digging!

Pisces
Feb. 20 - March 20
Expect increased involvement with friends and groups in the next few months, especially with friends from your past. (It's good to have history with others.)

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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4			8		6			9
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9	5	2	4	7	1	3	6	8
1	6	7	5	3	8	9	4	2
4	8	3	2	6	9	1	7	5
7	1	6	8	5	4	2	3	9
5	4	8	3	9	2	6	1	7
3	2	9	7	1	6	5	8	4
8	9	4	6	2	3	7	5	1
2	3	5	1	4	7	8	9	6
6	7	1	9	8	5	4	2	3

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02
TRANSIT & LOCATION:
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03
SHOPPING, DINING & CULTURE:
New retail and dining will be part of The City of Lougheed, including 300+ shops and a diverse array of restaurants.

04
LANDSCAPING & GREENERY:
Relax in The City of Lougheed's 1.6-acre central park, jog along the northern greenbelt, play in the pocket parks or stroll its many landscaped boulevards.

05
SERVICE & SECURITY:
Experience a level of investment security seen nowhere else, including on-site, round-the-clock concierge, valet, landscapers and security personnel.

06
HOMES & DESIGN:
Shape brings elevated standards with floorplans and features that showcase the best in intelligent living.

07
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08
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